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Honoring Cultures

Asian-Pacific heritage shared during post luncheon.

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The Fort Jackson Leader

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Chief of staff to say goodbye to Fort Jackson

Mike A. Glasch
Leader Staff

After 27 years, Fort Jackson's chief of staff is hanging up the uniform. Friday will be Col. Joseph Lowder's last day overseeing the day-to-day management and operations of Fort Jackson, a position he has held since August 2005.



Lowder

"I will miss being a part of a professional organization, a very proud organization that is well respected," Lowder said as he reflected on his time in the Army. "I've been a part of the military my entire life. I've enjoyed every day of it, but it's time to go on and do something else."

Lowder has been around the military since the day he was born. His father was a career Soldier. Lowder said that dedicating his life to serving his country seemed like a natural career path.

"I liked the relationships and challenges that I saw my father had as I was growing up," Lowder said. "I thought that would be a great thing to do."

Lowder was commissioned a second lieutenant of infantry upon graduation from the U.S. Military Academy in 1981. He was first assigned to the 197th Infantry Brigade (Separate) where he served as a rifle platoon leader, company executive officer, anti-tank platoon leader, and battalion S-1 (adjutant). Some of his other assignments include: aide-de-camp to the commanding general of the Training and Doctrine Command; brigade executive officer for 3rd Brigade, 3rd Infantry Division; and speech writer for the commanding general of Forces Command.

Reflecting on Fort Jackson, Lowder said the one thing he will remember the most is working with everyone here to

See **Lowder** Page 3



Photo by Mike A. Glasch

Ruth Hill and Geraldine Allen, members of the Gold Star Wives, help lay a memorial wreath at the base of post flag during Monday's Memorial Day Ceremony at Post Headquarters. The Gold Star Wives is an organization of military widows and widowers whose spouses died while on active duty or from service-connected disabilities.

Fort Jackson community honors, remembers fallen service members

Mike A. Glasch
Leader Staff

Of all the military bugle calls, none probably elicit more emotion than "Taps."

For Geraldine Allen, hearing those haunting notes during Fort Jackson's Memorial Day Ceremony Monday brought back the memories and sorrow surrounding her husband's death in Vietnam 41 years ago.

"When they blow 'Taps,' it just weakens me," she said. "Time heals, but you don't forget."

Allen serves as president of the Palmetto chapter of the Gold Star Wives — an organization of military widows and widowers whose spouses died while on active duty or from service-connected disabilities. They, along with members of the Society of Military Widows, were special guests of the ceremony hosted by the 171st Infantry Brigade.

Women from both organizations, along with Fort Jackson's commanding general, Brig. Gen. James H. Schwitters, placed wreaths beneath the

post flag flying at half staff, followed by a moment of silence, a 21-gun salute and the playing of "Taps."

"Let us now declare to ourselves and to others, that we will never forget those who have made the ultimate sacrifice to protect this nation and the ideals on which this nation was founded," Schwitters said.

While those gathered were paying tribute to all

See **Memorial** Page 4

Ask the Garrison Commander

Employment counselors; Tuition Assistance; GI Bill



Col. Dixon

Q May I use my Montgomery GI Bill benefits while on active duty?

A Yes, you may use your GI Bill benefits on a limited basis while on active duty. Please see an education counselor for further guidance.

Q My family just PCSed to Fort Jackson and my spouse needs help finding a job; is there an employment counselor who can help her?

A Yes, every Army Community Service center has an Employment Readiness Program Manager who pro-

vides a full range of employment support programs, including seminars and workshops on job-search strategies, interview skills, federal employment and more. The ERP manager helps spouses identify their job skills and provide job assistance, career counseling and access to valuable employment references on the national job market. For more information, call Barbara Martin, ACS ERP manager, 751-5452.

Q I have not used tuition assistance in the last three years, what must I do to start using that benefit again?

A You need to access www.GoArmyEd.com, a username and password will be provided to you. Complete the tutorial; complete and submit the common

application; then, visit or call your education counselor to complete your enrollment and receive further guidance.

Garrison Fact of the Week

Century Lanes is offering two summer bowling leagues. Come out and increase your average at 7 p.m., Tuesday Nights in Singles Scratch League.

The mixed handicap league will be at 7 p.m. Wednesdays. Although the league started on May 14, you can still join. Call Century Lanes for more information at 751-6138.

To submit questions to "Ask the Garrison Commander," call 751-5442, or e-mail Scott.Nahrwold@conus.army.mil.

'Family' takes on more meaning following BCT

COMMENTARY

Pfc. Thomas Owens
Basic Combat Training graduate

For 10 long weeks, the sound of the bugle every morning meant another day of training — another day closer to our lofty goal of becoming a Soldier in the United States Army. For Alpha Company, 3rd Battalion, 60th Infantry Regiment, the seemingly endless cycle of early wake-ups, late nights and short chow times were becoming as natural as breathing the thick summer air of the southeastern United States.

This particular Thursday, it smelled just a little bit sweeter as the countdown to Family Day had finally ended. It was the day before graduation and Soldiers' loved ones from all over the country were undoubtedly en route to visit their heroes in the making. Loved ones to whom they had only talked in the fleeting moments of

cadre supervised phone time. It was also the final page of chapter one in my military career.

I had been fortunate to be blessed with the company of my mother, father, best friend and significant other who traveled overland from as near as Florida and as far as Maine. The reunion was expectedly teary-eyed, but as I stood there, I couldn't help but feel a bit out of place.

Even my father, a retired Army colonel, had trouble comprehending the more than 30 years of changes between our basic training cycles. I was an alien now, a visitor from the hidden world of the Army. My girlfriend was intrigued, my best friend envious and my mother terrified — yet proud. I stood recounting my experiences of the last few months, unconsciously snapping to parade rest occasionally to answer questions. For some reason, I didn't completely belong to them anymore.

I couldn't help but to think about the fraction of my platoon who had been unable to overcome situations both financial and geographical to see the ones they cared about. They were filled with anything but disappointment.

What I witnessed was something amazing — Soldiers, without hesitation taking in the strays to come spend time with their own families. It was on this day the spirit of camaraderie truly shone throughout 4th Platoon. Those who were total strangers in March were now brothers and sisters — adopted into the family we had all earned the privilege to become a part. Despite our differences, we stood as united as ever; a family with one goal, one mission and one fight. *E Pluribus Unum.*

Now on the day of graduation, I look back on how far I've come and how far I have to go — the challenges that await me at Advanced Individual Training. The thought of life after basic was intimidating, to say the least. But after today, I can only embrace the future. Wherever my career takes me, I know that my brothers and sisters in arms will march alongside me, bridging the gap and completing my life — for I am now a part of the greatest family in the world.

Owens graduated Friday from Company A, 3rd Battalion, 60th Infantry Regiment, 4th Platoon.

The Fort Jackson
Leader

Fort Jackson, South Carolina 29207

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fjleader@conus.army.mil.

Staff

Commanding General Brig. Gen. James H. Schwitters
Public Affairs Officer Karen Soule
Command Information Officer Joseph Monchecourt
Editor Carrie David Ford
Staff writer Mike Glasch
Staff writer Ashley Henry
Contract writer Chris Rasmussen
Contract writer Susanne Kappler
Web site www.fortjacksonleader.com

NEWS

Preparing for hurricanes is the best defense

Mike A. Glasch
Leader Staff

Batten down the hatches. That’s the word from National Oceanic and Atmospheric Administration officials as they predict a slightly busier than average Atlantic hurricane season.

NOAA is predicting there will be between 12 and 16 named storms this season which begins Sunday and ends Nov. 30. Of those storms, between six and nine are expected to become hurricanes — between two and five of them being major (Category 3 or higher).

John Coynor, Fort Jackson’s force protection officer, said that just because Fort Jackson is away from the coast does not mean it can not be impacted by the effects of a hurricane.

“We’ve had hurricanes hit here in the past, and I’m sure we’ll have hurricanes hit here in the future,” he warned. “The hurricanes that come in from straight across the Atlantic and hit Charleston just keep on going straight across to Columbia like Hugo did in 1989.”

“We are in the danger zone for getting hit by a hurricane. Most casualties from a hurricane don’t take place along the coast, they take place inland. The further inland a hurricane goes, the more likely it is to kill somebody.”

According to the National Hurricane Center, more than 60 percent of deaths associated with hurricanes come from inland flooding. Once inland, hurricanes can also produce tornadoes that add to the storm’s destructive power.

“I want people to think about it, I want them and their family to be thinking about what they are going to do,” Coynor said. “I’d like them to go ahead and pull together their emergency supply kits now.”

A recommended list of what should be in an emergency supply kit can be found in the Fort Jackson Severe Weather Emergency Action Plan. Fort Jackson computer users can access the plan online at the DPTMS Web site at `\\Jack-fs1-a7CommonG3_DPTMS\\INTRANET_PORTAL\\plans.htm`.

In addition to getting emergency kits ready now, there are a few things Coynor suggests doing three days before the storm hits rather than waiting until the last minute:

— Don’t wait until 12 hours before the storm to gas up vehicles, the lines will be very long.

— Make sure to have cash. The ATMs run out, and credit cards do not work very well when the power is out.

— Have plenty of water. Wash out milk containers and use those to store tap water. You’ll also need water for washing and flushing the toilet. The bathtub is a good place to hold non-drinking water. Use caulking to seal the drain.

Should Columbia be threatened by a hurricane there will be shelters open on post. The Floyd Spence Reserve Center, which can hold 100 people, would be the first shelter to be opened, with a total of eight shelters available if needed.

Michael.A.Glasch@us.army.mil

Hurricane preparation kit

Prepare Your Kit:

- Review the checklist below.
- Gather the supplies that are listed. You may need them if your family is confined at home.
- Place the supplies you would most likely need for an evacuation in an easy-to-carry container. These supplies are listed with an asterisk (*).
- There are six basics you should stock for your home: water, food, first aid supplies, clothing and bedding, tools and emergency supplies, and special items. Keep the items that you would most likely need during an evacuation in an easy-to carry container — suggested items are marked with an asterisk (*).

Possible Containers Include

- A large, covered trash container,
- A camping backpack,
- A duffel bag.

Water

- Store water in plastic containers such as soft drink bottles. Avoid using containers that will decompose or break, such as milk cartons or glass bottles. A normally active person needs to drink at least two quarts of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers and ill people will need more.
- Store 1 gallon of water per person per day.
- Keep at least a three-day supply of water (2 quarts for drinking, 2 quarts for each person in your household for food preparation/sanitation).*
- Fill your bathtub with water. It is very likely that DPW will turn off the water to Fort Jackson during a storm to prevent sewage from backing up into the potable water supply. The water in your bathtub can be used for manually flushing the toilet.

Food

- Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking, and little or no water. If you must heat food, pack a can of sterno. Select food items that are compact and lightweight. *Include a selection of the following

foods in your disaster supplies kit:

- Ready-to-eat canned meats
- Fruits
- Vegetables

First Aid Kit*

- Assemble a first aid kit for your home and one for each car.
- Non-Prescription Drugs***
- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Antacid (for stomach upset)
- Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center)
- Laxative
- Activated charcoal (use if advised by the Poison Control Center)

For Baby*

- Formula
- Diapers
- Bottles
- Powdered milk
- Medications

For Adults*

- Prescription drugs
- Denture needs
- Contact lenses and supplies
- Extra eye glasses

Tools and Supplies

- Candles or battery operated lamps
- Mess kits, or paper cups, plates and plastic utensils
- Emergency preparedness manual
- Battery-operated radio and extra batteries*
- Flashlight and extra batteries*
- Cash or traveler’s checks, change*
- Non-electric can opener, utility knife*
- Fire extinguisher: small canister ABC type
- Tube tent
- Pliers
- Tape
- Compass
- Matches in a waterproof container
- Aluminum foil
- Plastic storage containers
- Signal flare
- Paper, pencil
- Needles, thread
- Medicine dropper
- Shut-off wrench, to turn off household gas and water
- Whistle
- Plastic sheeting
- Map of the area (for locating shel-

ters)

Sanitation

- Toilet paper, towelettes*
- Soap, liquid detergent*
- Feminine supplies*
- Personal hygiene items*
- Plastic garbage bags, ties (for personal sanitation uses)
- Plastic bucket with tight lid
- Disinfectant
- Household chlorine bleach
- Clothing and Bedding**
- Include at least one complete change of clothing and footwear per person.*
- Sturdy shoes or work boots*
- Rain gear*
- Blankets or sleeping bags*
- Hat and gloves
- Sunglasses

Special Items

- Remember family members with special requirements, such as infants, elderly or disabled persons

Entertainment

- Games and books
- Toys for children
- Crayons and paper
- Deck of cards

Important Family Documents*

- Keep these records in a water-proof, portable container: Will, insurance policies, contracts deeds, stocks and bonds, Passports, Social Security cards, immunization records, bank account numbers, and credit card account numbers and companies, inventory of valuable household goods and important telephone numbers
- Family records (birth, marriage, death certificates)
- Store your kit in a convenient place known to all family members. Keep a smaller version of the Disaster Supplies Kit in the trunk of your car.
- Keep items in airtight plastic bags. Change your stored water supply every six months so it stays fresh. Replace your stored food every six months.
- Re-think your kit and family needs at least once a year. Replace batteries, update clothes, etc.
- Ask your physician or pharmacist about storing prescription medications.

Lowder (continued from Page 1)



Photo by Karen Soule, Public Affairs Officer

Col. Joseph Lowder, Fort Jackson chief of staff, salutes Brig. Gen. James H. Schwitters, Fort Jackson commanding general, during the post retirement ceremony Wednesday at Post Headquarters.

change the way the Army does basic training.

“It’s meant being part of a process to better help civilians make that transition to being a Soldier,” he said. “It’s taken working with Soldiers, (DA) civilians and all the tenant organizations, all working together geared, toward the end state of training a better Soldier.”

After he takes off the uniform for the last time, Lowder plans to remain in the Columbia area.

“My initial plans are to relax, take it easy, and find a job where I will continue to be challenged and where I can contribute,” he said.

Lowder will be succeeded by Col. J.R. Sanderson who is coming from Fort Knox, Ky., where he was commander of the 4th Combat Brigade, 1st Army Division (East).

“I really don’t have any advice for him, just best wishes. I know that the good thing about our Army is I don’t think people need advice because there are talented people coming in behind you. The people coming in are as equally talented if not more talented,” Lowder said. “He’ll be a tremendous part of the team. He’s a smart officer. I know he’ll enjoy his time here as much as I have.”

Michael.A.Glasch@us.army.mil

Around Post

Post Guides Available

The 2008-2009 Fort Jackson Post Guides have arrived and are being distributed. Representatives from brigades and directorates should contact the Public Affairs Office at 751-1742 to arrange for pickup.

Drill Sergeant School Groundbreaking

The Drill Sergeant School groundbreaking ceremony will be at 9 a.m., Tuesday at the Drill Sergeant School Statue on Kemper Street and Pickens Avenue. For more information, call 751-7710/7946.

120th AG Battalion Change of Command

The 120th Adjutant General Battalion (Reception) will have a Change of Command ceremony at 9 a.m. Wednesday at the 120th AG quad. Lt. Col. Teresa Campbell will relinquish command to Lt. Col. Michael Bingham.

Newcomer's Orientation/ Re-entry Brief

A Newcomer's Orientation/Re-entry Brief will be conducted at 9 a.m. to noon, Wednesday at the Post Conference Room. For more information or to register, call 751-4862/6325.

MEDDAC Change of Command

The Medical Command will have a Change of Command ceremony at 10 a.m., June 5 at the main hospital entrance. Col. James A. Mundy will relinquish command to Col. Nancy T. Hughes.

171st Inf. Bde. Change of Command

The 171st Infantry Brigade will have a Change of Command ceremony at 9 a.m., June 11 at Darby Field. Col. Robert Choppa will relinquish command to Col. Karl D. Reed.

FedBid saves taxpayer dollars

Ashley Henry
Public Affairs Intern

Competition is paying off for the Directorate of Contracting. Through FedBid, a new online marketplace program, DOC was able to save its customers more than \$38,000.

DOC began using FedBid after being briefed about the program, how it worked and the advantages of using it. A contract was negotiated and FedBid was made available to Fort Jackson in February.

FedBid utilizes an online-auction program set up to get the best deal for the customer. Sherrill King, DOC specialist describes the system as being "just the opposite of eBay Inc."

On eBay, the seller posts the item and buyers try to out-bid each other, with the highest bid winning the item. On FedBid, the government posts what it wants to buy and sellers then place bids to offer the lowest price possible.

Sellers do not know who is making the other bids but they do have the opportunity to see what the others are offering and can underbid by as little as 1 cent. Bidding takes place right up until the time the auction closes.

Besides saving money, King said, one of the biggest advantages to FedBid is that it is user friendly.

"We have already located most of the potential sellers," King said. "I go out with my list of requirements and FedBid sends them to an eligible pool of sellers. FedBid also allows the contract specialist to provide a list of potential bidders they want the requirement to be sent to."

"FedBid makes it much easier on us. It has an in-house staff that is available to advise the government of the best way to maximize competition and get the best price for the government's money," King said. "Prior to sending out our requirements to the sellers, FedBid will let us know if there are other ways to get a better price."

DOC plans on increasing the use of FedBid by 50 percent for supply-type items according to Colleen Arnold, DOC deputy director. She went on to say that she expects by using FedBid, DOC will be able to save an average of 25 percent annually.

"On medical pillows alone, we have saved about 50 percent of the government estimate," Arnold said. "Had we not used FedBid, we would have paid twice as much."

The government estimate is the amount of money DOC has approved to spend on any given item.

Currently, DOC is not using FedBid to acquire service-type contracts. However, in the future it plans on trying it for that purpose, according to King.

"It will be useful for services that are not too detailed," King said. "Otherwise, we will continue to contract those out through traditional methods."

Other than medical pillows, DOC is using FedBid to obtain supplies such as musical instruments, radios and tactical equipment.

Other federal organizations using FedBid include the DA, DoD, the Social Security Administration as well as other installations.

Ashley.Rose.Henry@us.army.mil

Memorial *(continued from Page 1)*



Photo by Mike A. Glasch

A 21-gun salute honors all who have died in uniform during our nation's conflicts.

service members who have died while in service to their country, Schwitters also encouraged everyone to remember those still in harm's way.

"We continue to fight for the basic human freedoms and rights embodied in our nation's Constitution. Soldiers, Marines, airmen and sailors are still in harm's way each and every day of the week," he said. "They boldly and courageously face the enemies of our nation in places like Iraq, Afghanistan and the Horn of Africa."

Remembrance, he stressed, is the beginning of paying the debt owed to the more than 4,500 service members killed in the Global War on Terror since 9/11, and all those who have laid down their lives in defense of the nation.

"We in this country owe a great debt of gratitude to those who sacrificed their lives so that we could live in a free society," he said. "We can start to pay that debt by not forgetting and by remembering what they did and what they stood for."

Allen echoed that sentiment.

"You keep going and are thankful there are other men and women who sacrificed the same as your husband or father sacrificed," she said. "Remembering that others sacrificed as well makes me stronger."

Michael.A.Glasch@us.army.mil

Customer Service Corner

Customer Management Services hosted a focus group May 20 to discuss issues affecting retirees and veterans on Fort Jackson and in the surrounding community. The focus group is held annually as part of the Community FIRST Quarterly Issue Resolution Process. Here are some of the issues surfaced by the retirees and veterans.

Issue: Emergency Preparedness Food Supply List

Scope: The Defense Commissary Agency does not provide a list of nutritious foods that could be stored for at least three months in the event of a widespread emergency. Without this list, people do not know what foods can be safely stored to prepare themselves in case of such an event. If customers had this list, they would be knowledgeable and could store foods at home to sustain themselves for a period of time.

Recommendation: DECA should provide a listing of nutritious foods that can be safely stored for at least three months and adequately advertise the listing.

Issue: Full-Time Veterans Affairs Representative

Scope: There are no provisions for a full-time Veterans Affairs representative at Fort Jackson. Because of the influx of Operations Enduring and Iraqi Freedom veterans, Warriors in Transition, and those retiring, there is not enough manpower to adequately serve them in a timely manner. Without a full-time VA representative on post, these Soldiers are not being adequately advised on their critical veteran's rights, thereby affecting their morale and quality of life.

Recommendation: Provide a full-time VA representative at Fort Jackson.

Issue: Traffic Flow at the intersection of Strom Thurmond Boulevard and Magruder Avenue.

Scope: During graduations, holidays and other peak periods, traffic is congested at the intersection of Strom Thurmond Boulevard and Magruder Avenue. There is currently only one designated left turn lane from Magruder to Strom Thurmond when leaving the post exchange and Shoppette area. This creates a traffic back-up at the intersection that often reaches the PX entrance and stalls traffic for everyone using the intersection.

Recommendation: Designate the center lane as a left-turn and forward lane, and mark appropriately.

These issues will be sent to the respective directorate/organization responsible for resolution to get a response. The issues and the responses will then be published in the *Leader*.

These issues may be discussed during the Installation Action Council June 5, 2-4 p.m. in the Post Conference Room. Community members are welcome.

All issues submitted through Community FIRST/AFAP can be viewed or new issues submitted through the Customer Management Services Web site. Submit issues whether it affects Fort Jackson or the entire Army; feedback is important.

Submit issues and recommendations online at <http://www.jackson.army.mil/WellBeing/wellbeing.htm>. Click on "Submit an Issue or Recommendation" or click on the AFAP Logo to submit an issue.

ICE Appreciation

The Garrison congratulates the Fort Jackson American Red Cross and the Installation Safety Office. They have achieved a 4.89 and a 4.78 rating, respectively, in employee/staff attitude out of a possible 5.0, for a 12-week period. This is an outstanding performance in customer satisfaction.



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A tip of the campaign hat to this week's ...

Drill Sergeants of the Cycle

from the "River Raiders" Battalion



Staff Sgt. Lawrence Ludy
Company A,
3rd Battalion,
60th Infantry
Regiment



Staff Sgt. Teresa Burroughs
Company B,
3rd Battalion,
60th Infantry
Regiment



Staff Sgt. Kwesi Morgan
Company C,
3rd Battalion,
60th Infantry
Regiment



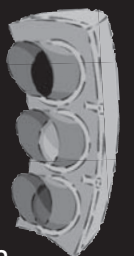
Staff Sgt. Paul Gouker
Company D,
3rd Battalion,
60th Infantry
Regiment



Sgt. 1st Class Travis Rodefer
Company F,
3rd Battalion,
60th Infantry
Regiment

112

Number of weeks without a motor vehicle fatality at Fort Jackson.



ARMY NEWS

Simulation training in future for military

Navy Seaman William Selby
Defense Media Activity

WASHINGTON — The Defense Department is looking for ways to integrate a structured learning environment and gaming to train military members, a senior official said.

“Structured learning environments are doing very well, but games offer such a tremendous motivational component to users,” said Robert A. Wisher, director of the department’s advanced distributed learning initiative.

“ADL is about delivering high-quality training and education any time, anywhere to the force, DoD components (and) service members,” Wisher said.

Officials are evaluating the value of different training technologies so the services can take advantage of them, Wisher added.

“Our big question on the benefit of games is, ‘How do the knowledge and skills learned from those computer games transfer to real-life tasks in operational or training context?’” Wisher said. “You’re obviously learning. How

would that parlay into some benefit for DoD?”

ADL intends to develop a standard way for games to communicate performance data into a structured learning environment, he noted.

“So if you’ve been playing a game, maybe it has to do with some tactical decision making, and the game could notice you were strong on this, perhaps weak on that. That could be fed back to the structured learning environment,” Wisher explained. “Then you can get additional training on those areas you are weak in.”

Wisher said collaborating with the gaming industry is part of the initiative. Some military units already have begun integrating commercial games into their training, he noted.

“They’re mainly immersive environments, team-based, first-person-shooter-type games, some related to cultural awareness, convoy training, where (multiple players) are involved,” he said. “Any military operations require a lot of thought processes, and the fact that you exercise that as a small group might parallel those that you do on an actual

operation.”

Ordinarily, he said, these games are used before deployment as an exercise.

“‘Ambush,’ for example, is a convoy trainer where they would have actual terrain outlined in Iraq, and as they drive their convoys through, things to look out for in villages, cultural features of the terrain, etc.,” he said. “So it’s a mission rehearsal exercise for them.”

So far, feedback from service-members who have used these simulation training games has been very positive, Wisher said.

“We have people coming back from Iraq, now having to sit through the ambush training device and saying, ‘Boy, I wish I had this before I went over there,’” he said.

One hurdle is the cost of developing the games, he acknowledged.

“At some point, we’re going to want to look at some dollar values, maybe some efficiency measures, maybe some effectiveness measures,” he said. “The games are being made with these types of metrics.”

Soldiers helping researchers study PTSD

Spc. Creighton Holub
Army News Services

FORT HOOD, Texas — A number of Soldiers have volunteered to assist the University of Texas conduct a study to learn more about the emotional and psychological wounds of Post-Traumatic Stress Disorder.

In an effort to combat PTSD symptoms experienced by U.S. service members returning from battle, the Imaging Research Center at the university’s Austin campus is evaluating volunteers from the 4th Brigade Combat Team, 1st Cavalry Division, before they depart for their upcoming deployment.

“We are initiating a beginning,” said retired Col. Brian Baldwin, who is the PTSD research project manager. “There is no previous database like what we’re starting here. I equate this to heart disease 20 years ago. The research that was done enables us to mitigate those risk factors. PTSD is a wound of war that we need to protect our Soldiers from.”

The volunteer Soldiers run through a battery of stress-related tests to create a baseline for each individual.

The results of the tests will be compared against the same tests after returning home from the unit’s rotation to Iraq.

The tests involve Magnetic Resonance Imaging, or MRI scans, genetic screening and psychological assessments. The Soldiers also have to complete a monthly online questionnaire to track their experiences while deployed.

Because of the amount of time required



Photo by Spc. Creighton Holub

Soldiers assigned to the 4th BCT, 1st Cavalry Division, watch an instructional video before providing saliva samples for DNA collection at the University of Texas. The Soldiers volunteered for a battery of tests designed to track how their brains and bodies function before and after their upcoming deployment to Iraq.

for each MRI scan session, only a handful of troops can participate in the testing. However, many of the brigade’s Soldiers jumped at the opportunity to learn about the landmark study.

Pfc. J.B. Lyons, an infantryman from Davilla, Texas, volunteered for the study before Baldwin’s initial briefing at Fort Hood had concluded.

“I hope ... that they can do something effective with the information,” Lyons said about the study. “The chances are that at least one of us here today will get PTSD during this combat tour.”

One of Lyons’ family members deployed to Iraq as a civilian contractor and returned home with a form of PTSD. This was the motivating factor that he said in-

fluenced his willingness to help in the research.

A former infantry Soldier who served in the Vietnam War has a hand in the study’s MRI scanning process.

“I would like to see the results of this study, because I had a lot of friends who had PTSD,” said Ronnie Hunter, a chief technician at the research center and a Vietnam veteran from 1968 to 1970. “My first day in Vietnam was the start of the Tet Offensive.”

While military medicine techniques have advanced since the days forms of PTSD were referred to as “Shell Shock” and “Battle Fatigue,” the mitigation of the effects of combat on the mind still has a great deal of room for improvement.

“We can do a better job with our treatments,” said Dr. Deborah Stote, a clinical psychologist working on the research team. “We’re trying to see what changes in the brain occur from PTSD.”

The research team is also working with the Carl R. Darnall Army Medical Center at Fort Hood and with the University of Pittsburgh Medical Center on the project.

“The Army is doing this because the Army cares about Soldiers and families,” Baldwin said. “The Army is investing resources in addressing the PTSD and traumatic brain injury.

“We have the right researchers, the right graduate students and the best players — the Soldiers,” Baldwin added.

Editor’s Note: Spc. Creighton Holub serves with the 4th Brigade Combat Team, 1st Cavalry Division.

NEWS

Asian-Pacific heritage shared during luncheon

Chris Rasmussen
Leader Staff

To commemorate Asian-Pacific American Heritage Month, a celebration took place Friday at the Fort Jackson Officers' Club.

The buffet-style luncheon featured tasty Asian-Pacific foods and plenty of entertainment depicting Tongan and Samoan dances and demonstrations by Blythewood Tae Kwon Do.

The luncheon was organized this year by the U.S. Army Chaplain Center and School.

"Every time we do a luncheon it is to highlight the culture," said Sgt. 1st Class James Tucker, equal opportunity adviser for the school. "Our job is to make sure we are showing the diversity here on Fort Jackson and bring everyone in.

"We not only want to treat everyone equal, but celebrate our differences as we do our job as Soldiers," he said.

The theme for this year's luncheon was "2008 Leadership, Diversity, Harmony — Gateway to Success." Guest speaker for the event was 2nd Lt. Sorepa Pakileata-Gallahar, executive officer for Company D, 369th Adjutant General Battalion.

Pakileata-Gallahar, who was born in American Samoa, said she learned at a very early age to not make judgments based on one's race or heritage.

"My father always told me to keep an open mind and learn about other people, and let them learn about me," she said. "Young people have to learn to set their differences aside and work together as a team. That is especially important in the military."

Having an appreciation for diversity has helped

Staff Sgt. Sivailoa Macon, McEntire Aviation Brigade, performs a traditional Samoan dance Friday during the Asian-Pacific American Heritage Month Luncheon at the Officers' Club.



Photos by Chris Rasmussen

Brig. Gen. James H. Schwitters, Fort Jackson commanding general, joins the fun and dances Friday during the Asian-Pacific American Heritage Month Luncheon at the Fort Jackson Officers' Club.

Pakileata-Gallahar tremendously as a leader in the Army.

"I come across Soldiers from many different backgrounds and it has helped me connect to them because I come from a different background than what is considered normal," she said.

The most common question Pakileata-Gallahar receives when she tells someone she is from American Samoa is, "Where is it located?"

"I always say an island close to Hawaii," she said.

Asian-Pacific American heritage has been celebrated in the U.S. since 1978, when representatives from New York and California introduced a House resolution calling on the president to designate the first 10 days of May as Asian-Pacific American Heritage Week. President Carter signed a joint resolution in 1978 designating the annual celebration

In 1990, President Bush expanded the holiday by designating May as Asian-Pacific American Heritage Month. May was chosen to commemorate the immigration of the first Japanese to the U.S. in 1843 as well as to honor contributions made by Chinese immigrants to the building of the transcontinental railroad, which was completed in 1869.

Chris.Rasmussen@us.army.mil

David Pakileata entertains the crowd with a lively and rambunctious Tongan dance Friday during the Asian-Pacific American Heritage Month Luncheon at the Fort Jackson Officers' Club.



MARKING TIME

Time capsule captures statue's history

Chris Rasmussen
Leader Staff

There is a piece of history buried on Fort Jackson that won't be unearthed until Veteran's Day 2017.

During the dedication of the Andrew Jackson statue Nov. 11, 1970, a time capsule containing four scrolls listing the names of individuals who donated cash for the building of the statue was buried.

The capsule also contains an account of the effort to erect the 12-foot bronze statue commemorating the installation's namesake.

Donna Dean, who works at the Soldier Support Institute as an education and training technician, was 9 years old when she attended the dedication ceremony with her family.

"I remember that we got to put our name in the time capsule and being fascinated that it would be buried for so long," Dean said. "I wondered if I would be around, and now I will because I work here."

The statue, which was created by sculptor Felix de Weldon, was given to Fort Jackson by the Columbia community. The community raised \$82,000, and this was the first such gift given to an Army installation.

Attendees at the dedication ceremony were able to place their names on one of the four scrolls for donating \$1 to \$50 or more.

"It was such a neat thing for my daughter and grandchildren to have their names in a time capsule. Not everyone gets to do that," said Faye DuTrimble, Dean's mother. "I was wondering what happened to the time capsule. I hope I am around to see it when they open it."

The statue, which was built to commemorate the 50th Anniversary of Fort Jackson, was originally planned to be dedicated in 1968. A lack of funds, however, and a transportation strike in Rome, Italy, where the statue was being created, delayed the dedication.

So, the citizens of Columbia stepped up to the plate and raised the remaining funds to complete the project.

The dedication ceremony lasted one hour and was attended by Secretary of the Army Stanley Resor, Gov. Robert E. McNair and Sen. J. Strom Thurmond. Because it was also a Veteran's Day ceremony, attendees witnessed a 21-gun salute followed by the playing of "Taps."

"I remember the ceremony being very military and official," Dean said. "It made quite an impression on me because I hadn't been around the Army before."

The time capsule, which is buried next to the statue, will be unearthed on Veteran's Day, 2017, which also happens to be the installation's centennial.

Chris.Rasmussen@us.army.mil



Courtesy Photo

Crews work to place an Andrew Jackson statue that now stands inside Gate 1. A time capsule was buried during the dedication ceremony of the statue. The capsule will be reopened November 2017.

Have a historical tidbit to share?

The *Leader* is seeking historical stories and photos to use in its weekly Marking Time section. Retirees, veterans and community members with an interesting fact, story, photo, artifact, etc. pertaining to Fort Jackson should e-mail fjleader@conus.army.mil.

NEWS

New Reserve headquarters named for fallen Soldier

Mike A. Glasch
Leader Staff

A Midlands Soldier killed in Iraq will be honored Sunday when the 81st Regional Support Command (RSC) cuts the ribbon on its new home — The Spc. Thomas D. Caughman U.S. Army Reserve Center.

The Lexington native was killed June 9, 2004, when his Humvee was struck by rocket-propelled grenades and small-arms fire in Baghdad. He was the first member of, what was then, the 81st Regional Readiness Command (RRC) killed in Iraq.

Caughman was a member of Company C, 391st Engineer Battalion, but transferred to the 458th Engineer Battalion in Pennsylvania when that unit was called up for active duty in November 2003.



Caughman

In addition to bearing Caughman's name, the building will have several tributes to Caughman.

"We will be unveiling a portrait of Spc. Caughman on Sunday," said Becky Gallagher, 81st RSC public affairs officer. "We are also installing several display cases that will house his uniform, some of his medals and other memorabilia."

The portrait is being painted by a Columbia woman who also lost a son in Iraq.

The 81st RSC is part of the U.S. Army Reserve's transformation under the Base Realignment and Closure to go from 11 RRCs to four RSCs. The new commands will oversee the care of transportation, personnel actions, food service, logistics and all other base support functions. Command and control of the Army Re-

serve units is being passed to other general officer commands.

The 81st RSC gets its name and lineage from the 81st RRC in Birmingham, Ala. Its geographical area will include Kentucky, Tennessee, North Carolina, South Carolina, Georgia, Alabama, Louisiana, Mississippi, Florida, Louisiana, Puerto Rico and the U.S. Virgin Islands.

The 81st traces its origin back to World War I when the 81st Infantry Division was formed at Camp (now Fort) Jackson. It adopted the nickname "Wildcat" Division from Wildcat Creek which ran through the reservation.

The unit's two-story, 80,000 square-foot building is located at 1525 Marion Ave., directly across from the MEPS station. The ribbon-cutting ceremony begins at 1:30 p.m., and will be followed by an open house.

Michael.A.Glasch@us.army.mil

D.A.R.E. program graduates 56 students



Photo by Chris Rasmussen

Savannah Son, a fifth-grade student at C.C. Pinckney Elementary School, reads her essay during a D.A.R.E. graduation at the school Friday on why she will not do drugs, drink alcohol or smoke cigarettes. Fifty-six students graduated from the program last week.

FEATURE

Soldier grounded after reaching sky high

Chris Rasmussen
Leader Staff

Sgt. 1st Class Gregory Habermann joined the Army to be a dental assistant. A newfound hobby however, took his career to new heights as a member of the Golden Knights Parachuting Team.

Fort Jackson's DENTAC first sergeant, who spent nine years with the elite parachuting team, was a member of the skydiving team that landed on Hilton Field May 17 during the Armed Forces Day Celebration.

"I started skydiving on my own as a hobby when I was assigned to Korea," he said

After hearing about the Army skydiving team, Habermann thought he would give it a shot. The tryout was five-weeks long and included between six and 10 jumps daily.

"It was the hardest thing I've ever done. It was pretty grueling, both mentally and physically," he said. "It was a gut check on how bad you want it."

Habermann, 36, was selected for the team and spent four years on the Black Demonstration Team before jumping five years with the Competition Team. During that time, he won 12 gold medals, four silver medals and nine bronze medals in national and world championships.

"The competitions were secondary to the recruiting piece. That is really how we paid the rent," he said. "The team's celebrity status got us access. We would go into high schools and tell students there is more to the Army than just dressing up like a tree and shooting."

One of Habermann's more memorable landings was onto the deck of the U.S.S. Yorktown aircraft carrier in Charleston.

"There were stiff winds blowing across the deck so it was a little nerve wracking," he said. "But it was mainly a mind thing."

The target is the same size wherever you put it."

The Fort Jackson first sergeant also made an appearance on the David Letterman show where he jumped out of a plane after doing a reading from the Top10 List. He has also appeared jumping on Baywatch, Monday Night Football and at an Army-Navy game.

He also helped set a world record. Habermann was one of 300 parachutists who joined to make the largest formation Dec. 12, 2002, in Eloy, Ariz. "Everyone's dream is to have a world record. Ours lasted for about 12 months."

After spending so many years on the team, Habermann decided it was time to move on and return to the dental corps.

"It's not good for your career to stay in one place too long. You want to keep moving," he said. "After nine years on the team I had no regrets. I wouldn't trade one second of it."

As senior dental NCO of the Fort Jackson Dental Activity, Habermann is responsible for the health, welfare and safety of 38 Soldiers and 46 civilian personnel. He serves as the dental liaison for the installation and assists the commander in the administrative management and supervision of five dental clinics.

"We have some really good people working for us," he said. "But it can be challenging supervising government service workers, contractors and Soldiers."

Habermann, who has now made 6,728 freefall parachute jumps, is still very active in the skydiving world, employed on the weekends as a tandem skydiving instructor at Skydive Carolina in Chester, S.C.

His wife Julie, whom he married last year, is also an avid skydiver with more than 200 jumps under her belt.

Chris.Rasmussen@us.army.mil



Courtesy Photo

Habermann proposes to Julie during a jump. The couple was married in 2007, and Julie, his bride, has jumped more than 200 times.



Photo by Chris Rasmussen

Sgt. 1st Class Gregory Habermann, Fort Jackson's DENTAC first sergeant, takes off his gear after a practice jump May 16 in preparation for the Armed Forces Day Celebration at Hilton Field. Habermann spent nine years on the Golden Knights Parachuting Team.

FEATURE

Retired Navy chief recalls showdown

Susanne Kappler
Leader Staff

Most childhood aspirations change throughout the years, but Don Blackwelder knew from the time he was 5 years old that he wanted to be in the Navy. Little did he know that he was to play a part during one of the nation's most tense showdowns.

In 1959, he enlisted in the Navy at 19 years old to follow in the footsteps of his two older brothers who had served during World War II. While serving as an administrator assigned to the commander, Second Fleet staff, the native of North Carolina found himself in the middle of the Cuban missile crisis in October 1962.

"The commander of the second fleet was the blockade commander," he remembered. "I was already on the staff when we went to the area, which was off Cuba, to stop those ships from bringing in any more missiles."

The crisis started when American photos showed Soviet SS-4 missiles stationed close to Havana. The United States ordered a naval blockade to stop more weapons from getting onto the island. Blackwelder was stationed on the command ship and was present during a crucial moment, when American sailors were ordered to search a suspicious ship for missiles.

"I happened to be on duty in the CIC (Combat Information Center) — the radio portion of CIC — talking to Washington and talking to the ships that were doing the blockade," he said. "And the admiral, Alfred G. Ward, received his instructions from the president (John F. Kennedy). And he gave the word to that first ship: 'Stop that ship and search it.' He had his hand on my shoulder when he gave that command to that ship. I was right there."

The situation was tense and Blackwelder was aware of the magnitude of the moment and the threat they were facing.

"The whole time that we were there, off that port quarter was a Russian submarine, knowing that we were the command ship for the whole operation," he said. "And, you know, if things didn't go as they did, they could have blown us out of the water, regardless of the number of ships we had in support. But it turned out that (Soviet premier Nikita) Khrushchev backed down. And that's history."

"That was a dream for me, to go in the Navy. I don't regret it one bit. I would have stayed for 40 years if they'd let me."

Don Blackwelder

After the crisis was over, Blackwelder continued his Navy career with numerous onshore and offshore assignments, one of which brought him to the Columbia area, where he served as an instructor for the University of South Carolina's Navy ROTC program. He retired from the Navy in 1979 and owns a concession business on Fort Jackson with his wife Jeanette, selling military paraphernalia.

Standing on an easel in his store is a painting entitled "Dreams Do Come True" by Veronica Grazette, which depicts three images of Blackwell: The 5-year-old, donning the child-size Navy uniform his brothers bought him, the 19-year-old who had just enlisted and the 39-year-old, about to retire.

"That was a dream for me, to go in the Navy," he said, pointing at the painting. "I don't regret it one bit. I would have stayed for 40 years if they'd let me."

Susanne.Kappler1@us.army.mil



Photo by Susanne Kappler

Retired Chief Petty Officer Don Blackwelder explains that the ship featured in the painting is the minesweeper USS Vigor, one of the ships he served on during his Navy career. The plane is a reminder of his assignment with the Heavy Photographic Squadron in Guam.

Summer adventures

Dan Cain

Outdoor Recreation

As part of the Army Family Covenant, Morale, Welfare and Recreation, outdoor recreation is able to offer summer trips and classes at reduced prices.

All classes and trips can be reserved at Marion Street Station and will fill up quickly. Stop by or reserve your spot over the phone with a credit card.

Some classes may have restrictions and some trips and classes may be limited to DoD identification card holders only, due to space availability.

Marion Street Station hours are from 7 a.m. to 1 p.m., Monday, closed Tuesdays, from 10 a.m. to 6 p.m., Wednesday through Sunday. For more information, call 751-3484

Outdoor Recreation Schedule:

— Sailing class on Lake Murray; May 31, June 1, June 28, June 29, Aug. 2 and Aug. 3; \$50.

— Mountain Biking on Fort Jackson; June 5; \$19

— Charleston; June 7; \$5.

— Windsurfing class; June 8; July 12 and Aug. 24; \$50.

— Whitewater rafting at the National Whitewater Center; June 14, July 19 and Aug. 16; \$49.

— Kayaking 101; June 19, July 24 and Aug. 21; \$19.

— Open water scuba certification class, June 20-22 and July 18-20; \$175.

— Myrtle Beach day trip; June 21 and Aug. 23; \$5.

— Deep sea fishing; June 28, July 19 and Aug. 2; \$95.

— Mountain biking at Harbison State Forest; July 10 and July 26; \$19.

— Atlanta day trip; July 12; \$5.

— Folly Beach trip; July 19; \$5.

— Deer Hunting 10; Aug. 7; \$19.

— Charlotte day trip; Aug. 9; \$5.

— Table Rock Hike; Aug. 16, \$19.

— Woman in the Outdoors class; Aug. 23; \$25. Ladies will learn archery, canoeing, mountain biking, fly-fishing and shotgun shooting.

— Canoe trip on the Saluda; Aug. 30; \$19.



Army Family Covenant Update

Program promotes education

Part 2 of 2: Support programs for expecting parents

Annette McLeod

Family Advocacy Program

Finding out that you are going to have a baby is an exciting time for some.

There are also many new challenges if you are going to be a first-time parent.

The Family Advocacy Program offers many programs to help you during and after your pregnancy.

New Parent Support Program

Parents Who Care — Parents Who Care is a monthly workshop that focuses on being an effective parent. This workshop teaches parenting tips to raise children from infants to teenagers. For free childcare, call two weeks in advance.

Baby Bundle — Baby Bundle is a new parent support event that links new parents together. This class is designed for after the birth of your baby.

The new baby will receive a bundle of free items and parents will receive parenting tips, child development and safety information. Both parents are encouraged to attend.

Baby Basics — This course is designed for the expecting first-time parent or the parent-to-be. Topics include sibling preparation, bathing, feeding, handling, diapering and dressing the infant. Dad's will receive "Dad's 101" instruc-

tion on becoming a father.

Play Group — Play Group is a place where parents can informally meet and network with each other while learning about child development appropriate practices, parenting skills and age appropriate activities for their children to include story time, play time and children songs.

La Leche League — Open to all expectant moms and nursing moms of infants and toddlers. Receive information and meet with other moms and moms-to-be who are interested in breastfeeding.

Flamingo — Flamingo is a life changing support group for women. Women help each other through shared experiences. This is a great group for women who value their serenity, emotional growth and freedom.

Home Visitation Services — provide on-going, intensive home visiting services initiated during the prenatal period. Visits are at least every two weeks or as needed and are designed to engage partners/fathers, and network families to community-based social support groups focused on the family's needs.

How can the new parent support team help?

Pregnancy Issues — Education and

support on community services, fetal growth and development, childbirth, bonding, father's role, emotional changes, breastfeeding and nutrition.

Childhood Issues — Child development, parenting classes, play groups and activities and parenting support groups.

Family Issues — Stress management relationship counseling, financial referrals, sibling rivalry, single parenting, deployment, behavioral problems and emotional support.

The New Parent Support PLUS Program is voluntary. Licensed social workers from the Family Advocacy Program provide home visitation services.

They have extensive knowledge of the issues confronting today's parents and their home visits are sensitive to the unique challenges facing military families.

The New Parent Support PLUS Program services are designed to help families cope with stress, isolation, pre- and post-deployment issues and the demand of parenthood.

For more information, contact the family advocacy team at 751-6325.

Editors Note: This is part two of a two part series.



Today

Southern Style Lunch Buffet, from 11 a.m. to 2 p.m. at the Officers' Club. The buffet is open to everyone.

Visit **Century Lanes** for food, fun and bowling.

Magraders Pub is open for lunch.

Visit Magraders for a **Break Dancin' party** and contest at 5:30 p.m.

Friday

Play **Victory Bingo** and win prizes up to \$15,000. There are guaranteed \$50 payouts.

Artistic Expression with Jake begins at 6:30 p.m. at the Youth Center Teen Room.

Dance to a variety of music provided by DJ Randall at **Magraders Club** from 9 p.m. to 3 a.m. The club is located in the back of Magraders Pub and the cover charge is \$3 for military and \$5 for civilians.

Bunco Time at the NCO Club starts at 6:30 p.m.

Saturday

Step Team practice begins at 2 p.m. at the Youth Center Dance Room.

The NCO Club presents **Classic Soul Saturday** from 9:30 p.m. to 2 a.m. in the Excalibur Room. The cover charge is \$3 for military and \$5 for civilians. Live broadcasts from the BIG DM 101.3 with giveaways will be held 9:30-11 p.m.

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There will be a **Sailing Class** on Lake Murray, register at Marion Street Station.

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The NCO Club presents a **full lunch buffet**, featuring fried chicken or fish, fresh vegetables, a full salad bar, soup, assorted desserts and a beverage from 11 a.m. to 1:15 p.m. for \$7.

National Bubba Day, the best Bubba at Magraders Pub wins a prize, 8-11 p.m.

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COMMUNITY HIGHLIGHTS

Claws and paws need loving home



Photos by Susanne Kappler

These pets are looking for a home. Top left: spayed 1 1/2-year-old female cat; bottom left: 4- to 5-month-old kitten; middle: 2-year-old Saint Bernard; right: 3- to 4-month-old kitten. For information on these or other pets for adoption, call the Veterinary Clinic at 751-7160.

Shred Day

The Fort Jackson Recycle Center is having a Shred Day from 9 a.m. to 1 p.m., June 18 at the Recycling Center. This program is open to everyone on Fort Jackson. Bring any paperwork you need shredded. For additional information, call 751-4208.

2nd Bn., 39th Inf. Reg. Change of Command

The 2nd Battalion, 39th Infantry Regiment will have a Change of Command ceremony at 9 a.m., June 19 at the Officers' Club. Lt. Col. David Snodgrass will relinquish command to Lt. Col. Collin Fortier.

Financial Management School Change of Command

The Financial Management School will have a Change of Command ceremony at 9 a.m., June 20 at the Officers' Club.

1st Bn., 34th Inf. Reg. Change of Command

The 1st Battalion, 34th Infantry Regiment will have a Change of Command ceremony at 9 a.m., June 24 at the Officers' Club. Lt. Col. Kenneth Royalty will relinquish command to Lt. Col. Daniel Beatty.

Chaplain Center and School Change of Command

The U.S. Army Chaplain Center and School will have a Change of Command ceremony at 2 p.m., June 24 at the MG Robert B. Solomon Center. Col. Clarke McGriff will relinquish command to Col. Samuel J.T. Boone.

Announcements

Andy's Memberships

As part of the Army Family Covenant, Andy's Fitness Center will no longer charge for fitness memberships effective June 1. Refunds to current members will be prorated on a 12-month basis. Andy's will continue to charge a fee for aerobics and water fitness classes.

Summer Reading Club

The Summer Reading Club will run through Aug. 15. For children, story times and crafts will be at 10 a.m., Wednesdays at the Thomas Lee Hall Post Library.

Teens will get a chance to enter a drawing to win an MP3 player or a mini-digital camera for each book they read.

Adults will get to enter a drawing for a free book for every book they read. For more information, call 751-4816.

Family Housing

Yard of the Month Nominations

Housing representatives will be canvassing each housing area looking for nominees for Yard of the Month.

Criteria for selection includes general

This Week

Hearts Apart Family Support Group Cookout

The Hearts Apart Family Support Group is having a cookout from 11 a.m. to 4 p.m., Saturday at the MG Robert B. Solomon Center picnic area. For more information, call 751-7489/7477.

Credit Reports Class

A credit reports class will be conducted 8:30-10:30 a.m., Tuesday at the Education Center, Room B-302. For more information or to register, call 751-4862/6325.

Managing Emotions Under Pressure

A Managing Emotions Under Pressure seminar will be from 9:30 a.m. to 3 p.m., Tuesday at the MG Robert B. Solomon Center, Marion Room. For more information or to register, call 751-4862/6325.

WorkKeys Assessment

A free WorkKeys Assessment class will be given 9:30-11:30 a.m., Tuesday; from 8:30 a.m. to 4 p.m., June 10 and 17; and from 9 a.m. to noon, June 18. Test takers must participate in all sessions. The test enhances a resume and demonstrates skill potential to employers. The class is open to military personnel, family members and DoD civilians. Candidates must preregister by calling 751-5452.

Breastfeeding Support Group

A Breastfeeding Support Group will meet from 10 a.m. to noon, Tuesday at the Joe E. Mann Center Conference Room. For more information or to register, call 751-4862/6325.

Checkbook Maintenance

A checkbook maintenance workshop will be conducted 8:30-10:30 a.m.,

Wednesday at the Education Center, Room B-302. For more information or to register, call 751-4862/6325.

Phase II LEVY Briefing

A Phase II LEVY briefing will be 2:30-3:30 p.m., Wednesday at the Strom Thurmond building, Room 213. For more information or to register, call 751-4862/6325.

Upcoming

AER Commander's Referral Training

An AER Commander's Referral Training will be 9-10:30 a.m., June 5 at the Education Center, Room B-302. For more information, call 751-4862/6325.

Mini Job Fair

There will be a Mini Job Fair from 10 a.m. to 2 p.m., June 5 at the Education Center. For more information, call 751-4862/6325.

AG Corps Regimental Ball

Tickets for the Adjutant General Corps Regimental Ball are now on sale. The tickets cost \$25 for E7 and above, \$20 for E5 and E6, and \$10 for E4 and below. The ball will begin at 6 p.m., June 6 at the NCO Club. Attire is dress blues or dress greens for military and formal wear for civilians. Child care is available upon request. To RSVP or for more information, see a unit representative or call 751-5073 or e-mail AG_Ball@jackson.army.mil.

Baby Bundle/Baby Basics/Dad 101

A Baby Bundle/Baby Basics/Dad 101 class will be from 9 a.m. to noon, June 10 at the Joe E. Mann Center Conference Room. For more information, call 751-4862/6325.

Insurance Class

There will be an Insurance Class 1:30-3:30 p.m., June 10 at the Education Center, Room B-302. For more information, call 751-4862/6325.

EFMP Outing

Exceptional Family Members Program will visit EdVenture at 5 p.m., June 10. For more information, call 751-4862/6325.

Thrift Savings Plan

A Thrift Savings Plan workshop will be 8:30-10:30 a.m., June 11 at the Education Center, Room B-302. For more information, call 751-4862/6325.

Mobilization and Deployment Program

A class on the virtual Family Readiness Group and Battlemind training will be 9-11 a.m., June 12 at the Education Center, Room B-303. For more information, call Mr Medina 751-7477.

193rd Inf. Bde.

Change of Command

The 193rd Infantry Brigade will have a Change of Command ceremony at 9 a.m., June 17 at the Officers' Club. Col. Stephen Yackley will relinquish command to Col. Brian Prosser.

Child Abuse Awareness Class

A Child Abuse Awareness Class will be from noon to 2:30 p.m., June 11 at the Main Post Chapel. For more information, call 751-4862/6325.

The Incredible Race

The Incredible Race vacation Bible school will be from 9 a.m. to noon, June 9-13 at Pierce Terrace Elementary School. Pre-kindergarten to junior high students are encouraged to attend. For more information, call 751-6778/4563.

COMMUNITY HIGHLIGHTS

16th Annual Pierce Terrace International Day



Photo by Ashley Henry

Mrs. Francis' class represents China in the 16th Annual Pierce Terrace Elementary School International Day parade of countries Friday.

appearance of the lawn, flowers and shrubs. The winning families will receive a Certificate of Appreciation.

Stars and Stripes Father's Day Messages

Stars and Stripes is now accepting Father's Day messages. Messages received by June 2 will be published in the Middle East, Europe and Pacific editions June 15, Father's Day. Messages will also be available online at *Stripes.com*. For more information, visit *Stripes.com*.

Army Birthday Ball

The 2008 Fort Jackson Army Birthday celebration will be June 14 at the MG Robert B. Solomon Center. Activities include a 5K walk/run, static displays, living history displays, military weapons displays, children's games, a cake cutting ceremony, barbeque and vendors.

Palmetto Falls Water Park will be open, and a golf tournament will also be held that day at the Fort Jackson Golf Club.

ABC's Extreme Makeover: Home Edition Nominations

ABC's Extreme Makeover: Home Edition is requesting nominations to feature a military family in an upcoming episode. Nominations are due June 23.

For information, visit <http://abc.go.com/primetime/xtremehome/index?pn=apply>.

Employment Assistance

If you need assistance in contacting the Employment Readiness manager at your new installation, Fort Jackson Employment Readiness staff can provide you with this information. For help, call 751-5452.

Car Club

A club for owners of antique vehicles at least 30 years old will meet from 10 a.m. to 1 p.m., June 7 at Twin Lakes. Owners are encouraged to bring their old-time cars. For more information, call 462-1497 (6-8:30 p.m.).

Drill Sergeants Spouses Course

Army Family Team Building is offering a Drill Sergeant Spouses Course for spouses to develop a variety of skills to assist their role as a drill sergeant spouse.

The class will be from 8:30 a.m. to 2 p.m., June 26 at 3392 Magruder Ave., in the conference room. For more information or to register, call 751-6315.

Recurring Meetings

Weekly

Call 782-5943 or 782-0148 for more information.

Walking Away Stress meets at 9 a.m., Mondays and Fridays at the pecan orchard near the post office on Early Street. For a walking log or more information, call 751-6325.

Play Group meets 10-11:30 a.m., Mondays at 5953C Parker Lane. For more information, call 751-5256/6325.

Range Control Briefing is held at 1 p.m., Mondays and Fridays at the Education Center, Room 302. For more information, call 751-7171.

Civil Air Patrol meets at 7 p.m., Mondays at Owens Field and 7 p.m., Tuesdays at Columbia Metropolitan Airport. For more information, e-mail cc@scwg.cap.gov or visit online at www.scwg.cap.gov.

Helping Everyone Reach Optimum Strength meets 5-6 p.m., Tuesdays at Moncrief Army Community Hospital, seventh floor. It is open to combat veterans and their family members. For more information, call 751-2160/2183.

Medical Board Office is closed from 7:30 a.m. until 1 p.m., every Thursday. For information, call 751-0359/7152/7318.

Protestant Women of the Chapel meet Thursdays from 9:30 a.m. to 12:30 p.m. at the Main Post Chapel. Homeschoolers are welcome and evening studies are available. Free child care is available. For information, e-mail pwocjackson@yahoo.com.

Overseas Travel Clinic is held from 8:30 a.m. to noon, Fridays. For more information, call 751-5151.

Military Widows/Widowers Association meets at 2 p.m., Sundays at Moncrief Army Community Hospital, eighth floor. For more information, call 787-2469.

Monthly

The Ladies Auxiliary meets at 3 p.m., the second Sunday of the month at 534 S. Beltline Blvd. Call 782-5943 or 782-0148 for more information.

Seabees meet at 7 p.m., the second Monday of the month at the West Metro Chamber of Commerce and Visitors Center. Call 755-7792, 736-0841 or 755-0300 for more information.

Veterans of Foreign Wars meet at 7:30 p.m., the second Monday of the month at 534 S. Beltline Blvd.

Fort Jackson Enlisted Spouses' Association meets at 6:30 p.m., the third Monday of each month at 5942E Thomas Court. For more information, call 665-4170 or e-mail esa2005ff@yahoo.com.

Sergeant Audie Murphy Club meets at 11:30 a.m., the first Tuesday of the month at the Post Conference Room www.jackson.army.mil/360/SAMC/home.htm.

Weight Loss Surgery Support Group meets at 6 p.m., the second Tuesday of the month in the Moncrief Army Community Hospital eighth floor day room. For more information, call 751-0392.

Disabled American Veterans meet 6 p.m., the second Tuesday of the month at 511 Violet St., West Columbia. For information, call 796-7122.

Fleet Reserve Association Unit 202 meets at 1 p.m., the third Tuesday of the month at 2620 Lee Road. Call 482-4456 for information.

"Victory Riders" Motorcycle Club meets at 5 p.m., the first and third Thursdays of the month at Magruder's Club. For information, e-mail sec@ffvictoryriders.com.

Society of American Military Engineers meets 11:30 a.m., the fourth Thursday of the month. For information, call 254-0518 or 765-0320.

Diabetes Support Group meets at 6 p.m., the last Thursday of the month in the Moncrief Army Community Hospital fourth floor dining facility. For information or to register, call 751-2501.

MEDPROS training will be held 1-4 p.m., the third Friday of the month, at the hospital, Room 9-83. For more information or to register, e-mail Jaclynne.Smith@amedd.army.mil.

Retired Enlisted Association meets at 5:30 p.m., the third Friday of the month at the hospital, third floor. For information, call 740-2319 or e-mail jrodgers11@sc.rr.com.

92nd Buffalo Chapter 20 DAV meets at 11:30 a.m., the third Saturday of the month, except July and August, at the DAV Headquarter 511 Violet St., West Columbia. For information, call Commander Brookes at 260-1067.

U.S. Navy Sea Cadets, for 11-18 year olds, meet the third weekend of the month. For information call 622-8707.

To submit a recurring meeting, e-mail the name of the group, when and where the meeting takes place and contact information to fleader@conus.army.mil.

Road Closures

Brown Avenue and Commissary Way will close temporarily to upgrade the storm water drainage. A part of Brown Avenue will be closed until June 6.

The section of the road impacted by the closure will stretch from the area behind the NCO Club to Baker and Batson courts.

For more information, call 751-4347.

CHAPEL

Difficulties could be opportunities

Chaplain (Capt.) Rick Cantrell
1st Battalion, 13th Infantry Regiment

Have you ever thought about how life’s difficulties may just be opportunities in disguise?

When facing difficult times, it is often easier to resist the process, or to pause and ask questions such as, “Why is this happening to me?” or, “Why am I always in the wrong place at the wrong time?”

You may resonate with statements like, “If I had any luck at all it would be bad luck,” or, “When it rains it pours.”

Consider how Paul and Silas faced their difficult circumstances. As recorded in *Acts 16:16-40*, Paul and Silas were on their way to pray when they encountered a girl with a bad spirit this led to a series of unfortunate events. Paul and Silas were publicly humiliated, stripped, beaten, flogged and unlawfully thrown in a maximum security prison.

In addition, their feet were fastened to blocks which created enormously painful cramps in their legs. To say Paul and Silas had a bad day is an understatement.

During that day, Paul and Silas went from being free men to being prisoners. As a direct result of their difficult experience, they could have easily entered into a state of shock or despair, but they maintained their composure and continued with their mission of prayer. At midnight, they started praying and singing hymns. God was so pleased with their attitude of prayer and worship that he freed them from prison.

Additionally, God’s spirit directly touched the hearts of the prisoners and the jailor. In fact, the jailor’s entire household believed in God that night.

Paul and Silas’ difficult time was an opportunity in disguise for God to use it to touch lives for his glory.

Who knows? Maybe the next time you experience a difficult time, it may be an opportunity in disguise for God to use it, too.

PWOC Bible Study

9:30 a.m. to 12:30 p.m. Thursday
Main Post Chapel
more: pwocjackson@yahoo.com

Worship services

Protestant

- Sunday 8 a.m. and 10:45 a.m. Daniel Circle Chapel (Gospel)
8 a.m. Bayonet Chapel (Hispanic)
9:00 and 10:30 a.m. Magruder Chapel
9:30 a.m. Main Post Chapel
10:45 a.m. Post-wide Sunday School (Post Chapel)
11 a.m. Daniel Circle Chapel
11 a.m. Memorial Chapel
11 a.m. Chapel Next
Chaplain School
 - Wednesday 7p.m. Gospel Mid-week Service Daniel Circle Chapel
- PROTESTANT BIBLE STUDY**
- Monday 7 p.m. Women’s Bible Study (PWOC - Post Chapel, Class 209)
 - Wednesday 7 p.m. Anderson Street Chapel
7 p.m. Daniel Circle Chapel
7 p.m. Gospel Congregation’s Youth (Daniel Circle Chapel)
 - Thursday 9:30 a.m.-12:30 p.m. Women’s Bible Study (PWOC, Post Chapel)
6 p.m. Neighborhood CMF/OCF Bible Study (Call 790-4699)
7 p.m. LDS Bible Study (Anderson Chapel)
 - Saturday 8 a.m. Men’s Prayer Breakfast (Post Chapel, every second Saturday of the month in Chapel Fellowship Hall)

PROTESTANT YOUTH OF THE CHAPEL

- Sunday 5 p.m. Daniel Circle Chapel (1st & 3rd Sundays)
- Wednesday 6:30 p.m. Main Post Chapel

Lutheran/Episcopalian

- Sunday 8 a.m. Memorial Chapel

Islamic

- Sunday 8-10 a.m. Islamic Studies
- Friday 12:30-1:45 p.m. Jumrah Services (both — Main Post Chapel)

Church of Christ

- Sunday 11:30 a.m. Anderson Chapel

Catholic

- M-F 11:30 a.m. Mass (Post Chapel)
- Sunday 8 a.m. Mass (Solomon Center)
11 a.m. Mass (Main Post Chapel)
9:30 a.m. Mass (120th AG Battalion Chapel)
9:30 a.m. CCD (Education Center)
9:30 a.m. Adult Sunday School
12:30 a.m. Catholic Youth Ministry
- Wednesday 7 p.m. Rosary
7:30 p.m. RCIA/Adult Inquiry

Jewish

- Sunday 9:30-10:30 a.m. Memorial Chapel
10:30-11:30 a.m. Jewish Book Study (Post Conference Room)

Latter Day Saints

- Sunday 9:30-11 a.m. Anderson St. Chapel

Addresses, phone numbers

Daniel Circle Chapel — 3359 Daniel Circle, Corner of Jackson Blvd., 751-4216
Main Post Chapel — 4580 Strom Thurmond Blvd., corner of Scales Ave., 751-6469
Bayonet Chapel — 9476 Kemper St., 751-4542
Family Life Chaplain - 4850 Strom Thurmond Blvd. (inside of Main Post Chapel), 751-5780
Anderson St. Chapel — 2335 Anderson St., Corner of Jackson Blvd., 751-7032
Education Center — 4581 Scales Ave.
Magruder Chapel — 4360 Magruder Ave., 751-3883
120th Rec. Bn. Chapel — 1895 Washington St., 751-5086
Memorial Chapel — 4470 Jackson Blvd., 751-7324

FIRST RESPONDER



The following are incidents compiled from reports, complaints or information received from the Fort Jackson Provost Marshal Office.

The incidents reflected are not an adjudication attesting to the guilt or innocence of any person and are provided for informational and reflective purposes only.

Lt. Col. Greg Vibber

Director, Emergency Services/Provost Marshal

Sgt. Maj. Allen Taylor Jr.

Provost Sergeant Major

Billy Forrester

Fire Chief

Cases of the Week

A teenager was cited for speeding, violation of a beginner’s permit and failure to surrender a suspended tag. The Military Police initially stopped the vehicle for speeding, but through a database check discovered that the car’s license plate was suspended.

Military Police discovered a pipe with marijuana residue in a car. MPs approached the vehicle in response to a report that a person was suffering from diabetic shock at

McCrady Training Center. The person was locked in the car and MPs broke a window to gain access. The search of the vehicle also yielded three steak knives from the McCrady Training Center dining facility, MPs said.

Tip of the Week

Everyone walking alone should follow these safety tips:

— Choose busy streets and avoid going through vacant lots, alleys or other deserted areas.

— At night, walk in well-lighted areas whenever possible.

— Try not to walk or jog alone. Take a friend or neighbor along for company.

— Get to know the neighborhoods and neighbors where you live and work.

— Find out what stores and restaurants are open late and where the police and fire stations are located.

— Carry your purse close to your body and keep a firm grip on it

crimestoppers
1-888-559-TIPS
www.midlandscrimestoppers.com

Traffic enforcement

Posted speed limits will be enforced through Sunday on Lee Road.

FORCE PROTECTION THOUGHT OF THE WEEK

The Seven Signs of Terrorism

1. Surveillance
2. Seeking information
3. Tests of security
4. Acquiring supplies
5. Suspicious people
6. Dry runs
7. Deploying/getting into position



HEALTH

Four healthy habits to seriously consider

Col. Michael Custer
*U.S. Army Center for Health
Promotion and Preventive Medicine*

Soldiers and their families are busy. That makes it easy for them to forget about their own health care. However, it is very important.

There are several things you can do to improve your health. Some are easy to do; some may be more difficult, but the benefits for your health and the health of those around you are immeasurable.

First, a serious habit — tobacco use. If you use tobacco in any form, you should stop. The effects of tobacco on health are well-known.

Most people know that tobacco use is an addiction that is difficult to break. It is a terrible choice to start this habit.

Nevertheless, because the Army has high rates of tobacco use, it is especially important for leaders to convince Soldiers to quit.

Urging people to quit counteracts complacency and

denial on the part of tobacco users who may rationalize that tobacco's terrible health effects are "no big deal" because no one says anything about it.

A healthy practice that is easy to implement is eating five servings of fruits and vegetables daily. Current statistics show that 39 percent of Soldiers eat fruit less than three times a week, and 26 percent eat vegetables less than three times a week. If you really want to maximize the benefit of eating fruits and vegetables, concentrate on the yellow, orange and red fruits and the green, leafy vegetables. They will help reduce cancer risks, keep blood pressure down and improve gastrointestinal health.

Walking or exercising every day for 30 minutes is another excellent routine. The benefits of regular exercise are well known, and studies show that it is linked to reductions in premature death when compared with inactive people. Walks

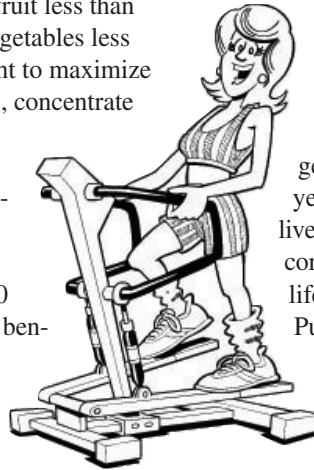
can also be relaxing and help reduce stress.

Finally, drink alcoholic beverages in moderation. Five or more drinks for men or four or more for women at one session are considered heavy drinking. Currently 25 percent of Soldiers say that they are heavy drinkers.

Reducing the amount of alcohol consumed can have a big impact on health. Heavy drinking is associated with a wide-range of health problems, including liver disease.

A recently published study in England suggests that middle-age individuals from 45-79 years old who practiced these four health habits lived 14 years longer than those who did not incorporate any of the four habits into their lifestyle. These findings were published online in Public Library of Science Medicine.

These four habits are simple to implement and will reap impressive health benefits for anyone who adopts them.



Nutrition tips for Soldiers road marching

Lt. Col. Danny Jaghab
*U.S. Army Center for Health
Promotion and Preventive Medicine*

Are you a Soldier who is getting ready for a road march? What you eat and drink before, during and after will have a big impact on your performance.

By following some simple guidelines, you can use nutrition to take your road marching to the next level.

A pre-road-march meal should be consumed three to four hours before beginning the march. However, it is more practical to eat a light meal one hour before a road march that is high in carbohydrates, moderate in protein and low in fat.

A good goal for a pre-road-march meal is to consume 100 grams of carbohydrates and 16 to 32 ounces of fluid.

For example, one large bagel with one tablespoon of light cream cheese along with 16 ounces of orange juice is a pre-road-march meal that is high in carbohydrates, moderate in protein and low in fat.

If you are going to try new foods, do so during the initial build-up phase of a road march to make sure that you tolerate them well.

During a road march, it is important for Soldiers to stay hydrated. To prevent dehydration, drink 4-8 ounces of fluid every 15 to 20 minutes from the start of your road march. You should begin drinking before you start to feel thirsty, because once you are dehydrated, it will take longer and be more difficult to rehydrate yourself.

When road marching during hot

weather or while wearing full combat gear, you may need to drink more than 8 ounces of fluid every 15 minutes.

During exercise, a person has greater sweat loss. It is important to drink a cool fluid that tastes good during exercise. Cool fluids leave the stomach faster and will help regulate your body temperature. Your fluid intake should match your sweat rate.

Maintain your endurance during long road marches by consuming 30 to 60 grams of carbohydrates per hour. This is a must if you are road-marching for longer than 90 minutes.

Consuming carbohydrates during prolonged exercise spares your body's stored energy, allowing you to go farther before becoming fatigued. Consuming carbohydrates during exercise also helps keep your mind in focus and prevents low blood-sugar levels. Low blood-sugar may cause you to be irritable, light headed or have difficulty concentrating.

There are several ways to consume 30 to 60 grams of carbohydrates. Sport drinks are one good way to intake both carbohydrates and fluid, but depending on how long your road march is, it may be difficult to carry enough sport drinks to meet all of your energy needs.

Some road marchers choose to eat hard candy. This supplies carbohydrates but not electrolytes like sodium and potassium that Soldiers need when sweating heavily. Eating candy also may alter thirst, causing fewer intakes of fluids. If you decide to eat candy, take extra measures to get

enough fluid. Set your watch to beep every 15 minutes to remind you to drink. Consuming a sports beverage in addition to the candy can replace electrolytes, too.

Consuming adequate fluid and food immediately after a road march is very important because it will help you recover quicker.

The first goal for a Soldier is to rehydrate. A good rule of thumb is to consume a pint (2 cups) for every pound lost during exercise.

The second goal for nutrition recovery is to replenish your carbohydrate or glycogen (energy) stores. Failure to inadequately replenish your glycogen stores can result in your legs feeling stale or heavy during your next workout. Routine failure to replenish your glycogen stores can result in chronic feeling of fatigue. By consuming carbohydrate-containing beverages, such as fruit juice, sport drinks, milk or a meal replacement drink, you take care of both goals at once.

The timing of your post-road-march meal is very important, especially if you are working out more than once a day. The first 60 to 90 minutes immediately following exercise are the most important. It takes approximately 20 hours to replenish your glycogen stores. Just a two-hour delay in consuming carbohydrates can reduce the amount of glycogen your body stores by almost 50 percent.

It's up to the Soldier to make healthy choices for a road march. Be hydrated and get the proper nutrition to prepare, sustain and recover.

Did you know?

—Our eyes never grow, and our nose and ears never stop growing.

—The thumbnail grows the slowest; the middle nail grows the fastest.

—Children grow faster in the spring.

Tobacco Cessation

The next Tobacco Cessation program begins at 1 p.m., Aug. 27 at 4323 Hill St., by appointment only. For more information or to schedule an appointment, call 751-5251.

Helpful Information

Reach MACH toll-free at (877) 273-5584 or locally at 751-CARE (2273), or visit online at www.moncrief.amedd.army.mil or www.tricare.osd.mil

Health Talks

To have a professional staff member from MEDDAC address a group on health care subjects or preventive medicine, call the health promotion coordinator at 751-5035 or the Department of Quality Management at 751-2501.

CHALKBOARD

Summer programs keep children busy during break

Ruth Russell

School Liaison Officer

Summer break in Columbia is starting in the next two weeks. If you have not made plans for your children for the summer months, it is time to start thinking about your options.

There are many camps and programs. These programs will help to keep children active during the summer months, which will result in a better prepared student in the fall, when school resumes.

The following is a compilation of options available. Some options last all summer, while some are session camps, lasting a week or more. Parents can choose what works best for them.

It does not matter what option you choose, you will be ensuring that your children will have a great time while learning and exercising.

Boys and Girls Club of the Midlands:

Summer day camp provides a full day of fun and purposeful programs for your children. Children will be grouped by age and are able to select from more than 30 programs daily. This program is located in numerous local schools and is open all summer from 7:30 a.m. to 6:30 p.m., Monday-Friday. The camp offers programs designed to provide growth for kids in specific areas such as health and life skills; character and leadership development; education and career development; the arts; and sports, fitness and recreation. Fees are subsidized by the Army for anyone eligible for on-post child care. For more information and to register, visit www.bgcmidland.org or call 231-3300

Child and Youth School Aged Services:

Summer Day Camps will be open from 4:30 a.m. to 6:30 p.m., Monday-Friday. Camp activities include field trips to Palmetto Falls Water Park, bowling, movies, cooking, arts and crafts, leisure events, technology, trips and more.

Camp Konichiwa at Fort Jackson: A camp designed just for the newly “graduated” kindergarten student, Konichiwa is a camp paced specifically for those children who will be entering first-grade in the fall. Activities are separate from the older kids and provided at a pace to match the needs of the younger student. This camp begins June 2 and ends Aug. 21, from 4:30 a.m. to 8 p.m. (Extended time requires exception to policy).

Fort Jackson Middle School/Teen Summer Camps:

Weekly sessions run from June 2 to Aug. 11. Campers can sign up for morning camp, afternoon camp or both. Trip admission fees and lunch are included in the price. Teens can also participate in Camp R n’ R for free.

Open recreation session is offered 12:30-5 p.m. and includes snacks. Weekly registration is required.

For more information regarding any of the Fort Jackson Child and Youth Services summer programs, call the Central Enrollment Office at 751-4865.

The Richland County Parks and Recreation Commission also offers numerous summer camp choices. Go to www.richlandcountyrecreation.com and click on “Summer Game Plan” for more information.

Jewish Community Center: Camp Chaverim incorporates recreational activities designed to encourage each camper's growth and development. Activities include daily swimming, games, field trips, arts and crafts and music. For more information, call 787-2023, ext. 309 or e-mail brennag@jcccolumbia.org.

SC State Museum: Mad Scientist Camps for budding scientists will be offered. For more information, call 739-2122 or visit www.madscience.org/columbia.

EdVenture Museum: Morning and full-day camps are offered at Columbia's children museum. Register online at www.edventure.org/p_camps.asp.

Operation Purple Camp: Free summer camp for children of deployed or injured Soldiers. To apply, visit www.nmfa.org.

Richland School District Two: Sports or skill camps at numerous high schools are open to anyone.

Thane Maness Baseball Camp at Richland Northeast High School: June 9-13, cost: \$45. For more information, call 238-2193, 699-2800 ext. 2802 or e-mail tmaness@rnh.richland2.org.

Barry Mizzell Baseball Camp at Blythewood High School: from 8 a.m. to noon, session I: June 9-12; session II: June 16-19; cost: \$65.

Doctor Shot Basketball Camp at Richland Northeast High School: 1-4 p.m., June 10-12, for students in second to ninth grades; cost (includes T-shirt) \$50.

SKIES Unlimited at Fort Jackson:

Summer offerings in categories of academics, arts, sports and life skills. Register at CYS Central Enrollment Office. Free classes offered to children of deployed Soldiers. For more information, call 751-6777.

Academic:

Bright SKIES Academy for ages 3-5. BSA is a great

way to get little ones ready for school. Three sessions will be available this summer. BSA I: 8:30-11 a.m., June 9-13. BSA II: 8:30-11 a.m., July 21-25. BSA III: 8:30-11 a.m., Aug. 4-8 at 5953 Parker Lane, \$40 each.

Arts Programs:

Dance Fairy Tale Camp for ages 3-6; from 9 a.m. to noon, June 16-20; at Columbia City Jazz, \$90.

Next Step Dance Camp for ages 6-12; from 9 a.m. to noon, June 23-27; at Columbia City Jazz, \$100.

Musical for ages 6-18; 9-11 a.m., June 23-27, and a 6:30 p.m. performance June 27 held at Pierce Terrace Elementary School, \$40.

Sports: Choices to meet just about any child's preference.

Baseball for ages 3-5; 8:30-9:15 a.m., June 17-19 and 24-26; at the Youth Sports Complex; \$20.

Basketball: I: For ages 4 through first grade, 6:15-7:15 p.m., II: For ages second through fifth grade, 7:15-8:15 p.m., June 9-Aug. 6, Mondays and Wednesdays at the Youth Center Gym, \$20. (No class June 30 and July 2.) MS/Teen Basketball: Ages 11-18; 1-4 p.m., June 9-13; at the Youth Center Gym; \$30.

Football for ages 8-18; 5:30-8 p.m., July 21-25; at the Youth Sports Complex, \$30.

Golf for ages 3-5; 8:30-9:15 a.m., July 8-10 and 15-17; at the Youth Sports Complex, \$20.

Martial Arts for ages 5-18, from 9 a.m. to noon, June 16-20; at the Columbia School of Karate, \$65.

Outdoor Adventure Camp for ages 6-12; Sessions: I: from 8 a.m. to noon, June 16-20; II: from 8 a.m. to noon, July 14-18; at the Youth Sports Complex, \$45.

Soccer for ages 3-5; 8:30-9:15 a.m., July 29-31 and Aug. 5-7; at the Youth Sports Complex, \$20.

Tennis: Session I: Ages 6-12; 9-10 a.m. Aug. 11-15; II: Ages 11-18; 10-11 a.m., Aug. 11-15; at the Semmes Tennis Court, \$20.

Life Skills:

Art for ages 6-12; 8:30 -11 a.m., July 21-25; at 5955 Parker Lane, \$40.

Modeling for ages 12-18; 1-3:30 p.m., June 16-20; at Pierce Terrace Elementary School, \$40.

Cooking for ages 8-18; from 9 a.m. to noon; June 14, July 12 or Aug. 16; at 5942 H Thomas Court, \$30/each.

Sewing for ages 8-18; 1-3:30 p.m., Aug 4-8; at 5955 Parker Lane, \$40.

School will be back in session before you know it, until then, you can relax knowing that your child will have a great summer packed with activities, learning and development.

For more information, contact the numbers listed above or the School Liaison Officer at 751-6150.



Fort Jackson Schools

The **last day of school** will be June 5, dismissal will be 11:30 a.m.

Report cards will be mailed June 11.

Richland District One

There will be a **school board meet-**

ing 7 p.m., June 10 at the district office. Parents are welcome.

The **last day of school** will be May 30, dismissal will be early. Report cards will be issued for elementary students.

Report cards for middle and high school students will be mailed June 6.

Richland District Two

Dent Middle School Civil Air Patrol is asking for **old BDUs/ACUs** for its program. Call 699-2750 ext. 72007 for more information.

There will be a **school board meet-**
ing 7:30 p.m., June 10 at the district office. Parents are welcome.

The **last day of school** is June 3; dismissal will be early. Report cards will be issued for elementary students.

Report cards for middle and high school students will be mailed June 13.

Fort Jackson Homeschoolers

A get-together for home-schooled students is planned for 11 a.m., Tuesdays for various activities. For more information, call 419-0760.

Other

“Real Life at My School” **movie contest** is open to middle and high school students. Create a movie about your

school for new students. Applications are available at the Central Enrollment Office or by calling 751-6150. Movies are due by June 9. Prizes are available.

The South Carolina Commission on Higher Education has launched a college information hotline for students and families. For up-to-date college information, call (877) 349-7183, 5:30-8:30 p.m., Tuesdays-Thursdays.

For information on **SKIES classes**, call 751-6777/3053.

Editor's Note: For more information on Army School Liaison Services, call 751-6150 or e-mail Ruth.C.Russell@us.army.mil.

Parents: Don't be an accomplice to teenage drinking

Sandra Barnes
Army Substance Abuse Program

Motor vehicle crashes are the leading cause of death for 15- to 20-year-olds in America. In fact, young drivers between 15 and 20 years old, account for less than 7 percent of America's licensed drivers, yet are responsible for more than 20 percent of the nation's annual traffic crash fatalities. According to the National Highway Traffic Safety Administration, 7,884 drivers in this age group were involved in fatal traffic crashes across the nation in 2003, killing 8,666 people and injuring more than 300,000.

Just as concerning, young drivers between the ages of 15 and 20 are more often involved in alcohol-related crashes than any comparable age group.

In fact, nearly a third (31 percent) of the 15 to 20-year-old drivers who were killed in crashes in 2003 had been drinking. Twenty-five percent of the drivers had a blood alcohol concentration level of 0.08 percent and above.

The fatality rate in these crashes is compounded because young drivers and their passengers are much less likely to wear their safety belts after drinking. Sixty-five percent of 15 to 20-year-old drivers killed in all fatal crashes in 2003 were unrestrained. But 74 percent of the young drivers killed after drinking were not buckled up.

Where are these underage teens gaining access to so much alcohol?

A recent survey commissioned by the Century Council, a national non-profit organization dedicated to fighting drunken driving and underage drinking, revealed that 65 percent of underage youth say they get alcohol from family and friends, meaning they get it from their parents, their friends' parents, older siblings or friends, with or without their permission.

Most troubling, some parents have become willing accomplices in planning teen parties and turning a blind eye to alcohol use in their own homes. Between graduation parties, end-of-school celebrations and the free-time and fun of the summer season, parents can be tempted to host parties for their minor-aged children and their friends — sometimes with alcohol — with the faulty logic that it is a safer

option for their children to drink at home than to drink somewhere else.

Other parents may regard high school graduation — or going off to college — as normal rites of passage or special occasions where it is fine for alcohol to be served. Others think back to their teen years when the legal drinking age in many states was 18 and consider alcohol use just a normal part of growing up.

But the legal drinking age in America is 21. Underage drinking is illegal in all 50 states and the District of Columbia.

That is why the Army Substance Abuse Program wants to remind all parents — Parents Who Host Lose the Most. If your underage teen drinks and drives, you may be legally liable for any damage, injury or death caused by your child. This is especially true if you provided the alcohol.

Specific laws vary state by state, but parents who break these laws could be forced to pay all medical bills and property damages in the event of a crash, and could also be sued for emotional pain and suffering when there is severe injury or death.

Here are a few steps that can help parents avoid a disaster:

- Help make the guest list and limit the number to be invited.
- Put your phone number on the invitation and encourage calls from other parents to check on the event. Ask some of the other parents to help during the party and to help you supervise to ensure no alcohol or drugs are present.
- At the party, limit access to a specified area of your property.
- If your teen is attending a party at someone else's home, call the parent to verify the details and to ensure there will be adult supervision and no alcohol served.

Talk to your children and make sure they know you are concerned for their safety and do not condone underage alcohol or drug use or their use of a motor vehicle after any

ASAP Calendar of Events

An *Alcohol and Drug Abuse Prevention and Training Program* will be held from 7:30 a.m. to 4:30 p.m., June 16-17 at 3250 Sumter Ave. This two-day class is for anyone interested in learning more about alcohol and drug abuse and for those who have had an alcohol- or drug-related incident and the command feels could benefit from re-education.

A *Unit Prevention Leader* class will be held from 7:30 a.m. to 4:30 p.m., June 25-27 at 3250, Sumter Ave. It is required training for newly assigned UPLs and includes training on drugs and alcohol, biochemical testing and substance abuse prevention. Seating is limited so get request forms in early. The uniform will be duty uniform.

The Army Substance Abuse Program provides prevention/education to the community on topics pertaining to alcohol and other drug usage. ASAP maintains a wide selection of pamphlets and videos that can be used to get a better understanding of the dynamics of substance abuse and use.

ASAP staff is available to give presentations on alcohol and drug abuse.

For questions about classes offered or about substance abuse, call 751-5007.

use of alcohol or drugs.

But most important, as responsible parents, don't be a party to teenage drinking.

Editor's Note: The source for this article was the National Highway Traffic Safety Administration. For more information, visit www.nhtsa.dot.gov. If you have any questions about substance abuse, call 751-5007.

LEGAL

Dependents entitled to financial care, support

Capt. Ryan H. Dodd
Legal Assistance Attorney

It is important to know about Army Regulation 608-99 and its various implications for separated Soldiers. Whether you are contemplating divorce or you are simply separated for logistical reasons, AR 608-99 is a guiding regulation that ensures service members' dependents are cared for properly.

All dependents should be aware of this regulation because it can be very helpful.

AR 608-99 states that a Soldier's dependents will be provided with a minimum amount of support if he or she is separated from his or her dependents. This amount is described as the Basic Allowance for Housing Type II with dependents rate for the rank of the Soldier in question. If the dependents are in military housing, they do not qualify under AR 608-99. Further, if spouses are dual military, they do not qualify. If they had children, however, the children would still qualify.

In the event that a Soldier with children is separated or divorced from his or her spouse, a court order from a family court judge may have been issued. The court order

can detail how custody is to be arranged, whether it is sole or joint, and how child support is to be paid.

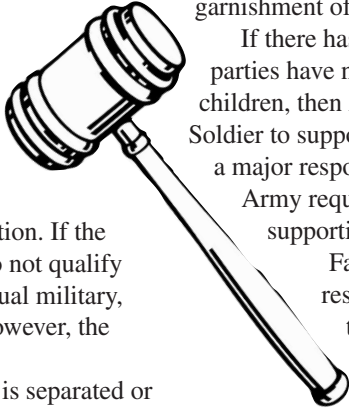
Employers, as well as agencies of state and federal government, all work together with the Child Support Enforcement Office for each state to locate parents and ensure that child support obligations are met.

If a parent fails to pay child support in accordance with a court order, many civilian legal consequences can follow, including having to pay back child support and garnishment of wages.

If there has not been a court order issued and the parties have not reached an agreement as to support the children, then AR 608-99 is triggered and requires the Soldier to support his or her dependents. Child support is a major responsibility for the parent or Soldier and the Army requires that those Soldiers be responsible for supporting their dependents.

Failure to comply with this regulation can result in punitive action under Article 92 of the UCMJ. Such repercussions can include Article 15 proceedings and courts martial.

Even though AR 608-99 is applicable, Soldiers do not always comply. The best course of



Operation Hours

Fort Jackson's Legal Assistance Office is located in the Office of the Staff Judge Advocate, 9475 Kershaw Road, and is open from 9 a.m. to 4 p.m., Mondays through Thursdays. Appointments can be made by calling 751-4287.

The office accepts walk-ins for living wills, health care powers of attorney and durable powers of attorney, 1:30-4 p.m, Tuesdays and Thursdays.

Walk-ins are welcome for general legal questions and are accepted 9-11 a.m., Thursdays.

action for a dependent is always to start simple and remind the Soldier of his or her obligations and make a direct request for support.

If a dependent wishes to seek enforcement of AR 608-99, he or she can begin by contacting the Soldier's commander. The dependent can also contact the local Office of the Inspector General.

Lastly, if there are any further questions or concerns, the dependent can always contact the Legal Assistance Office.

SPORTS/FITNESS

Don't believe the hype — weight loss isn't that simple

COMMENTARY

Maj. Thomas Hundley

Moncrief Army Community Hospital

Friends, civilians, service members, lend me your ears. We are a country of people desperate to learn the secret to weight-loss success.

The scent of our desperation has pierced the nostrils of the diet industry. They inundate us with ads and commercials boasting sound-good slogans and quick-fix scientific breakthroughs. You've heard it before:

"Lose 30 pounds in 30 days!"

"Take this pill and eat what you want!"

And my personal favorite, "Rub on this cream and melt your fat away!"

Are you kidding me? If this stuff actually worked, every overweight person in the world would be walking around smelling like BenGay and cocoa butter. Don't believe the hype, my people.

Our desperation has left us a bit vulnerable to believe anything that sounds like a good idea. It is time for someone to set the record straight. Here are the facts sur-

rounding some of the most common dieting and weight loss myths.

Myth 1: Eating too much sugar causes diabetes

Wrong. This is probably the most common nutrition myth out there. The fact is, if you do not have diabetes, sugar intake will not cause you to develop the disease. The main risk factors for Type 2 diabetes are being overweight, maintaining a diet high in calories and living an inactive lifestyle. On the flip side, if you do have diabetes, you do need to watch your sugar and carbohydrate intake. With the help of a registered dietitian, you can properly manage your blood sugar level.

Myth 2: Skipping meals can help you lose weight

Not! Many people think that by skipping a meal, they will lose weight because they eat less food. The fact is, skipping meals causes your metabolism to slow down to compensate for the food deprivation. Because you are hungry, you then



Maj. Thomas Hundley

tend to pig out at the next meal and take in twice as many calories as you would have if you had eaten more frequently. The best approach is to eat five to six small healthy meals and snacks throughout the day. This will help to keep your blood sugar balanced.

Myth 3: Lifting weights won't help you lose weight

Psyche! You don't know how many times I have heard people say, "Lifting weights will make you bulk up and gain weight." It is a scientific fact that muscle burns more calories than fat. Weight lifting and strengthening activities are designed to help you build muscle. Simply stated, "The more muscle you have, the more calories you burn." I recommend incorporating two or three days of strength training into your weekly workout. To prevent any unwanted injuries, I also recommend consulting a personal fitness trainer before beginning training.

Myth 4: Eating for two is necessary during pregnancy

Get outta here! Now, we all know that

this is the biggest myth ever told to excuse overeating. Instead of saying, "The baby is hungry and we need to eat." Just say, "Honey, I know it's three in the morning, but I really would like for you to go to the store and get me some ice cream and a jar of pickles."

Fact is, most physicians recommended that women increase their daily intake by 100 calories in the first trimester and 300 calories in the second and third trimesters. Let's keep it real, ladies. I know Baskin Robbins has 31 flavors, but that does not mean you can eat ice cream every day for a month. A daily multivitamin and some fruit may work better instead.

Weight loss is a complex subject with no true quick-fix remedies. The fact is your weight gain did not happen overnight, so your weight loss will not happen overnight.

A simple but methodical approach to losing weight is to modify your diet and exercise so that you burn more calories than you eat.

This approach may not be quick and easy, but it prevents you from walking around looking all greasy from those fat-loss ointments.

NASCAR fun for Soldiers



Photo by Mike A. Glasch

Staff Sgt. Michael Schlipp, left, and Sgt. 1st Class Donald Boldt, 171st Infantry Brigade, tour the garage area of Lowe's Motor Speedway in Charlotte, N.C., Saturday. Twenty Soldiers from the 171st were special guests during NASCAR's "Salute the Troops" Memorial Day tribute. The weekend kicked off a nationwide effort to raise funds for military families worldwide.

Sports Briefs

Health Rocks!

Health Rocks! Night at the Youth Center will be 6:30-9:15 p.m., June 5. The event is open to first through 12th graders. Dinner will be served and health and fitness activities will be offered. For more information, call 751-3773.

Dodge Ball

Registration for the Jun 16-19 dodge ball tournament is 1 p.m., June 4. A minimum of six people will be on the floor once the tournament begins. For more information, call 751-3096.

Youth Swim Team

The Youth Sports swim team is accepting registrations until June 9 for children 6-18 years old who can swim 25 meters. Practices will be held 8-9 a.m., Monday through Friday at either Legion Pool or Knight Pool. The cost is \$65 for the first child and \$58.50 for each additional child from the same family.

No Tap Tournament

A No Tap Tournament will begin at 7 p.m., June 6 at Century Lanes. Cost is \$15 per person for singles and \$8 per team for doubles. Pay once, place for each six entries.

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TREE WORK: Carolina Professional Tree Service, since 1984. Licensed and bonded. Free estimates. Please call 432-9385. 24-hour Emergency Service.

Service & Repair
Precision Small Engine Repair. Tune-ups & repairs on lawnmowers, tillers, etc. 432-7483(office); 427-4809(mobile). Pick-up & delivery available. Certified master mechanic.

Snyder's Stump Grinding. Most for as little as 75¢ an inch. Call 425-4268, leave message, or (cell) 427-1226.

Triple H Specialties. Land clearing, hauling, grading & pond construction. Call Jason 803-427-3771.

Transportation
\$500! POLICE IMPOUNDS! Cars/Trucks/SUVs from \$500. Hondas, Fords, Chevys, Toyotas, Jeeps, etc. For listings 800-385-3843 x 3849

1991 Ford F150 XLT, PW, PL, AC, Cruise, Ex. Interior, Paint Padded, Runs Great. \$1800 OBO. 803-408-8630 or 803-669-2506 (Mike).

1999 Mazda Milenia Gold, Auto, CD, Leather. VERY CLEAN! \$5300. 427-0260.

1991 Toyota 4Runner 4X4 \$800. 1992 Honda Prelude \$975. 2000 Chevy Malibu \$800. These cars won't last! For listings 800-391-3227 x C809

ATTENTION: No Credit, Bad Credit, No Problem. Come by Credit Auto Sales and ride today! Down payment as low as \$500. Hwy. #1 South, Lugoff. 438-2700.

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Quick Cash For Your Coins. Individual or Collection. Silver or Gold. Call David anytime at 803-732-2339.

I will buy your junk vehicles for cash. 803-438-8633.

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We Pay CASH* For Junk Cars! Will Pick Up 7 Days A Week. Call Anytime 803-464-1015 or 803-453-5088.

Yard Sale

NEIGHBORHOOD YARD SALE.

Belmont Subdivision off Black River Road, Camden. Balloons indicate participation. Come early. Saturday, May 17, 7am.

YARD SALE: Ridgely 5/16 & Saturday, 5/17, 6:30-until. Things For The Man-Tools, Auto, Yard, Etc. Dining table w/4 chairs, misc. furniture, bicycles, appliances. Too much to list. Preview Thursday 5:15, 6pm-8pm. 927 Meadow Drive, Lugoff.